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BOOK REVIEWS

PSYCHOLOGY AND MENTAL HYGIENE FOR NURSES. By Mary B. Eyre, R.N. The Macmillan Company, New York. 200 pages. Price, \$1.50.

Another psychology for nurses has just left the publishers. It is entitled "Psychology and Mental Hygiene for Nurses," by Mary B. Eyre. Since psychology is at last taking its rightful place in the curriculum of schools of nursing the advantage of a special text on the subject is recognized by nursing educators. And the writing of such a book is justified if, through specialization, it becomes more useful to the nurse than any of the works on elementary general psychology would be. Miss Eyre's psychology is, in the main, a good book of definitions with some useful applications to various phases of nursing activities. It is true that there are some recent developments in psychology which could profitably have been included, but no doubt that will always prove to be the case. It is quite probable that most authors of a modern work on psychology would like to make certain changes in it by the time it appears in print, and are a bit apologetic ere the year is out. If this little book arouses the interest of pupil nurses in psychology, and serves as an entering wedge for the study of the new science it will have served its purpose well.

MAUD MUSE,
New York City.

NUTRITION AND GROWTH IN CHILDREN. By William R. P. Emerson, M.D. D. Appleton and Company, New York. Price, \$2.50.

For many years workers with children have wanted a text-book that would be scientific, practical and detailed. Dr. Emerson's book meets all of these requirements. In addition, it is very interesting reading, for its style is clear and vigorous, the illustrations are excellent, and the large number of charts and tables make their own appeal to readers who will take the trouble to study them.

This book was not written as a diagnostic or treatment guide in handling the unusual child who cannot be made to conform to any standard. It does not claim that every child under weight for its age and height is necessarily suffering from any one or even all five of these causes of malnutrition, but it does claim and prove that thousands of physically sub-normal children have been helped by placing careful and proper emphasis upon these five points and upon the class rather than upon the clinic method. Group psychology proved a very good method in the early organization of the home treatment of pulmonary tuberculosis, for the first tuberculosis classes

held in Boston were almost the opening wedge for more intelligent study of tuberculosis as a community problem. A malnutrition class at which at least one parent of each child in attendance must be present, may prove the opening wedge for a re-adjustment of our child life that will do away with certain conditions which have been taken for granted for years because no one knew exactly how to get rid of them.

Not all of Dr. Emerson's colleagues agree with him when he says "Malnutrition is a clinical entity with characteristic history, definite symptoms and pathological physical signs. The mal-nourished is a sick child and should be so considered." Others have claimed that too much emphasis on the child's health and well-being has been extremely bad for certain types of very nervous children. Nevertheless this method was not planned for the exceptional child; it was conceived for the ninety and nine; and it is extremely well planned for them. By putting sufficient emphasis upon the first cause—physical defects—and upon their correction; by having nutrition classes in charge of a physician who examines and studies the children carefully, the harm that the class programme may do is slight when compared with the good that has been done the average child.

Nurses and social workers will find this book a treasure-trove, for it is so definitely written that it can be shared with most parents; it is a text-book; and it covers the methods of nutrition work with children in such detail that individual workers cannot fail to find it a useful guide. Its publication is a distinct contribution to our practical literature on the subject of child welfare.

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THE MARILLAC GUIDE. Prepared by the Sisters of Charity, 448 Lake Drive, Milwaukee, Wisconsin. \$12 per hundred.

This compact little booklet, which can readily be carried in the pocket, was prepared for the use of student nurses. The name of the hospital ordering copies can be printed on the cover if so desired.

The Guide is planned primarily to enable the student to become accurate in her observation of symptoms and in her charting. It opens with the statement that "The clinical chart is an index to the nurse's education and character; it furnishes a paramount opportunity to judge of her ability, and considered as a whole, or in detail, it reflects credit or discredit on the nurse herself." It contains also a table of the caloric values of foods, and memoranda on the preparation of solutions, on preparation of the hands for surgical procedures, and on some poisons and their antidotes.